

APPENDIX

# Story Matrix

FIND JUST THE RIGHT STORY WHEN YOU NEED IT

Chapter	Story #	Instead of saying something like this:	Share this story:	Page
Introduction	1	Stand up to peer pressure	Eating the quiche	1
<b>Part 1: Who You Are</b>				
<b>1) Ambition</b>	2	Set lofty goals	On becoming an astronaut	11
	3	Never settle for "good enough"	National Merit scholar picks local college	14
	4	Be a big fish in a small pond	Better to be the head of a dog than the tail of a lion	15
	5	Define success your way	Best Crash in the Pinewood Derby	16
	6	Let go of unworthy goals	Letting go of the status and the suit	18
<b>2) Open-Mindedness</b>	7	Maybe you're wrong	Women's voices in the men's room	20
	8	See things from a different angle	Solving the matrix... horizontally	22
	9	There's a good reason for most things	The Japanese maple tree	24

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	10	First, assume there's a good reason. Then find it.	Wrestling coach out of her seat?	26
<b>3) Creativity</b>	11	See what isn't there, but could be	"Michael, what do you see?"	28
	12	Don't spend your time in noncreative ways	No toys with batteries	30
	13	Creativity needs room to play	James and the tea kettle	31
<b>4) Curiosity and Learning</b>	14	The joy of discovery leads to curiosity	Boy Scouts finding the dry wood	33
	15	We go toward our focus, for good or bad	"Don't hit the flagpole!"	35
	16	What does success in school look like?	Scouting vs. theater, and valedictorian vs. choir	37
	17	College opens up opportunities	Leaving Negroes for college: Fifty years later	38
	18	Don't stress too much over choosing a major	"I started as a geneticist. Now I'm an artist."	41
<b>5) Courage</b>	19	Join the team. What do you have to lose?	Not joining the softball team	43
	20	Don't let opportunities pass you by	Passing on the basket of oranges	45
	21	It's okay to go alone	Going to <i>Les Mis</i> all by myself!	46
	22	Stand up for what you believe in	Staying in Austria	47
	23	Go for it, and don't look back	Beating Matt Cooper	49
	24	If you can't be brave, at least be smart	Standing up without getting your nose broken	52

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<b>6) Integrity</b>	25	Don't bear false witness against your neighbor	"She put the peanut in my nose!"	55
	26	No stealing	Taking the Teenage Mutant Ninja Turtle	56
	27	Keep your word	The long division contract	59
	28	Stand by your convictions	How Larry Bird picked his agent	61
<b>7) Self-Reliance</b>	29	Don't just stand there. Do something about it. (Part 1)	The Steve Blair sidewalk	64
	30	Don't just stand there. Do something about it. (Part 2)	Free Wheelchair Mission	66
	31	Have you tried everything you can think of?	Paying for Ritvik's leukemia treatment	69
	32	You miss every shot you don't take	The only applicant getting the internship	71
<b>8) Grit</b>	33	Never give up, even after repeated failure	Persistence to be president	74
	34	Practice, practice, practice	Learning the kip	76
	35	Focus on the current task	Losing the wrestling tournament	78
	36	Perfectionism makes you give up too soon	Quitting the team before tryouts end	80
<b>9) Hard Work and Struggles in Life</b>	37	Take pride in your work	Ahmad the caddie	83
	38	If you're going to work, look like you're working	"Why are you sitting on your ass?"	86
	39	That which we obtain too easily, we esteem too lightly	Paying for the psychiatrist	87

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	40	Even a jilted love has benefits	Staying in Germany after a lost love	88
	41	Don't like your job? Make it better.	Junior Achievement Teacher of the Year	90
<b>10) Self-Confidence</b>	42	Never do something just to get someone else to like you	Killing the rabbit	93
	43	"What do you care what other people think?"	Physicist grills a steak	95
	44	Early wins build confidence	The international soccer match	97
<b>11) Self-Discipline: Money and Delayed Gratification</b>	45	A penny saved is a penny earned	The magic of compound interest	98
	46	Learn to be happy with less stuff	Summers in Bombay	103
	47	Do you really need that fancy red sports car?	Wrecking the Mazda Miata	105
	48	Delayed gratification is a virtue	Looking for presents before Christmas	107
	49	Watch your language!	"I want some f'ing candy!"	108
<b>12) Health</b>	50	Take care of your body and it will take care of you	Know the symptoms	110
	51	Watch your weight	Battling obesity and anorexia	114
<b>13) Positive Mental Attitude</b>	52	A challenge is just an opportunity in disguise	Hurricane at the hardware store	118
	53	Happiness is a choice (Part 1)	"Because the sky is blue"	119
	54	Happiness is a choice (Part 2)	The happiest place in the hospital	121

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	55	Look for the good in things, not the bad	"One thing I didn't know" at the stat course	122
	56	Don't worry. Be happy.	"Happy birthday, John Ray!"	124
	57	Let your great attitude infect others	Climbing Kilimanjaro	127
<b>14) Dealing with Loss</b>	58	Relationships are more important than things	The great Berkeley fire	131
	59	Families grow stronger after losing a member (Part 1)	"One Dark Branch"	134
	60	Families grow stronger after losing a member (Part 2)	The passing of my Japanese father	136
<b>Part 2: How You Treat Other People</b>				
<b>15) Kindness</b>	61	Be kind to strangers	Free hugs	143
	62	Be kind to the people you see every day	Walk of shame to the nerd table	145
	63	Take a stand against cruelty	Basketball team has lunch with Jenny	147
	64	Be kind to all creatures, great or small	Ants on their way home from work	151
	65	Give to those less fortunate than you	A street corner in Caracas	152
	66	No money? Give of your time.	Gleaning rice fields for hungry kids	155
<b>16) Patience</b>	67	Be patient with others	Canoeing the rapids	157
	68	Listening is patience in action	Quitting Notre Dame	159
	69	Asking good questions is not talking, it's listening	A probing question at the pub	163

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<b>17) Fairness and Justice</b>	70	Illegal and wrong aren't the same thing	No fireworks on July 4th	165
	71	Compromise	The Christmas Triangle	168
	72	Treat others the way you want to be treated	The shared blanket	170
<b>18) Humility</b>	73	Show respect to your elders	Carving the Thanksgiving turkey	172
	74	Pride comes just before the fall	Nailing the solo and blowing the one-liner	174
	75	Bragging about yourself won't win you any friends	Sixty seconds at the dinner party	175
<b>19) Respect for Others</b>	76	A little humility will get you a long way	Learning to "play the game"	177
	77	Confront bigotry with civil disobedience	"It's five o'clock! Time to play basketball!"	179
	78	Subconscious bias makes you treat people differently	Suicide bomber in class	180
	79	Disabled people want to be treated like everyone else	More crayons, please	183
	80	Chivalry is not dead. Show some respect.	Walk curbside of that pretty lady!	187
<b>20) Friendship</b>	81	Reverence is different from respect. Whom do you revere?	"Silence please. My king is coming."	188
	82	You could be friends if you just tried	Deciding to be friends with Marvin	192
	83	Choose your friends wisely	One bad mango	194
	84	Be loyal to your friends	Betraying a friend at Woodstock	196

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	85	Stand up to bullies and they always back down (Part 1)	Friends or enemies? You decide.	198
	86	Stand up to bullies and they always back down (Part 2)	Carson and his bullies	200
	87	Friends protect you, not hurt you	"I think you need better friends."	203
	88	Don't listen to gossip that might hurt you	"Do I really need to hear this?"	204
	89	Don't talk about people behind their back	"That woman is my wife."	205
<b>21) Social Intelligence</b>	90	Mind your manners	Avoiding the prom?	208
	91	You don't have to like everyone, but treat them as if you do	Breaking my date with Dave	211
	92	Beware of cultural differences (Part 1)	Dorinda's interruptions	214
	93	Beware of cultural differences (Part 2)	Hana's silence	215
<b>22) Forgiveness and Gratitude</b>	94	If you hurt someone, say you're sorry (Part 1)	"Toby, turn up the radio!"	216
	95	If you hurt someone, say you're sorry (Part 2)	"Sally Strobe was as fat as a globe"	218
	96	It's never too late to say you're sorry	The twenty-five-year-late apology	220
	97	Be grateful for all gifts	"But I didn't know I was needy."	222
<b>23) Appreciation of Beauty</b>	98	Be in the moment	Forgetting my camera at Bear Lake	226
	99	Stop and smell the roses	Violinist in the subway	227

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	100	Stop to appreciate fleeting beauty	“Look, a hawk!!!”	228
<b>24) Getting Started</b>	101	Pursue your dreams	Dad’s seventy-five-year-old dream	236